

Life Hacks

CATCH MY FALL

Learn how you can manage impact injuries caused by a loss of balance.

Falls are the leading cause of traumatic injuries in Singapore, with seniors making up the bulk of fall patients received and treated at local hospitals.

The common types of injuries associated with falls include:

- wrist and hip fractures
- head injuries
- bleeding wounds

Such injuries can range from mild to severe; some may also be fatal.

Even though we cannot always avoid a fall, we can reduce the seriousness of the injury with some basic know-how:

GET HELP. FAST.

If you have just witnessed a fall and the patient is unconscious or appears to have suffered a severe injury, call 995 (SCDF-EMS) immediately.



SLING OR SPLINT IT

If you suspect a wrist fracture, use a splint or arm sling to minimise movements that would worsen the injury. You can make a temporary splint with rigid materials at home such as a rolled-up newspaper, a board or a plank. Shoelaces or strips of cloth can help to fasten the homemade splint in place. An arm sling can be made from a pillowcase or old T-shirt.



“From the time of injury, every second counts towards saving a life and improving the rate of recovery.”

STAY PUT

In case of a hip fracture, in which the patient is in pain and unable to move, do not attempt to move them as it may worsen the injury. The best way forward would be to seek immediate help by calling an ambulance.



LOOK OUT FOR SIGNS AND SYMPTOMS

When assessing injuries, pay close attention to any signs and symptoms of head injuries which are easily overlooked, such as headaches, nausea or dizziness. Always seek professional help for further tests if in doubt.



STOP THE BLEEDING

Use a clean, non-fluffy cloth to apply firm constant pressure on the wound. If blood soaks through the cloth, do not remove it. Instead, apply another cloth on top of it and widen the area of pressure. When the bleeding is under control, dress the wound with a sterile gauze and bandage.



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First Aid On The Go: Fractures



Contributed by the Central Region Trauma Services (CRTS) with publicity support from South East CDC.